

## **ABSTRACT**

A shoe sole includes a resilient cushioning device engaged in the heel portion for cushioning heel portions of users, the resilient cushioning device includes two frame members cross to each other to form an X-shape structure as seen from side portion and each having an inclined structure and each having a front portion and a rear portion. One of the frame members includes a rear portion located above the rear portion of the other frame member, and a front portion located below the front portion of the other frame member. Each of the frame members has a portion suspended in the shoe sole, to provide a resilience to cushion and support the heel portions of the users.